

SRE YEAR 5

Dilkes Academy

2026

WHAT IS SRE?

- SRE - Sex and Relationships Education.
- As part of our PSHE curriculum, we feel it is important to share with you as parents, what your child will be taught during the weeks of SRE teaching.
- Your child may have questions, or they may be shy about it. Please encourage your child to discuss any questions they may have.
- A key important part of our curriculum to prepare pupils for growing up, puberty and adulthood.
- This presentation contains some images from the resources that will be used.

WHAT IS SRE?

- A planned, progressive programme of SRE gradually and appropriately begins to prepare our children for adult life. It teaches the skills they need to fully manage the natural physical and emotional changes that will happen to them as they grow and mature into healthy, confident and responsible adults.
- SRE teaches the skills children need to develop positive healthy relationships. It supports their moral development, helping them to understand themselves and to respect and care for others.
- We teach this in school, however, you as parents, are also important in teaching children about their bodies and growing up.

- PSHE covers broad areas of particular relevance and concern to children and young people today. It should ensure that every child is guaranteed a PSHE education that covers mental health and wellbeing, physical health (including healthy lifestyles and first aid) and learning about safe, healthy relationships, including understanding consent and negotiating life online.
- SRE is lifelong learning about ourselves. It includes learning about emotions, self-esteem, relationships, rights and responsibilities, sexual behaviour, sexuality and sexual health. It takes place at home, at school and other places in the community.

WHERE
DOES IT
FIT IN?

WHAT WILL BE TAUGHT?

Year Group	Topic
Year 1	Change, loss and how it feels.
Year 2	Growing, changing and the correct names for body parts. The human life cycle.
Year 3	Describing feelings and managing conflicting feelings.
Year 4	Changes at puberty. Acceptable and unacceptable physical contact.
Year 5	Changes at puberty. Acceptable and unacceptable physical contact.
Year 6	Changes at puberty; human reproduction; roles and responsibility of parents, consent.


WHAT WILL BE TAUGHT?

In Year 5, the children will be taught about puberty. This includes the physical and emotional changes that happen.


They will also learn about healthy relationships, how to maintain a healthy relationship, and unacceptable physical contact.

HOW WILL IT BE TAUGHT?

We use a range of activities to evaluate children's knowledge and what they need to learn. This also gives an opportunity for discussions.



We teach the scientific names for the body parts to ensure they are aware of what is being taught.



Questions will be answered as best as possible, avoiding anything that is above their current understanding and learning. This also allows for misconceptions to be addressed.

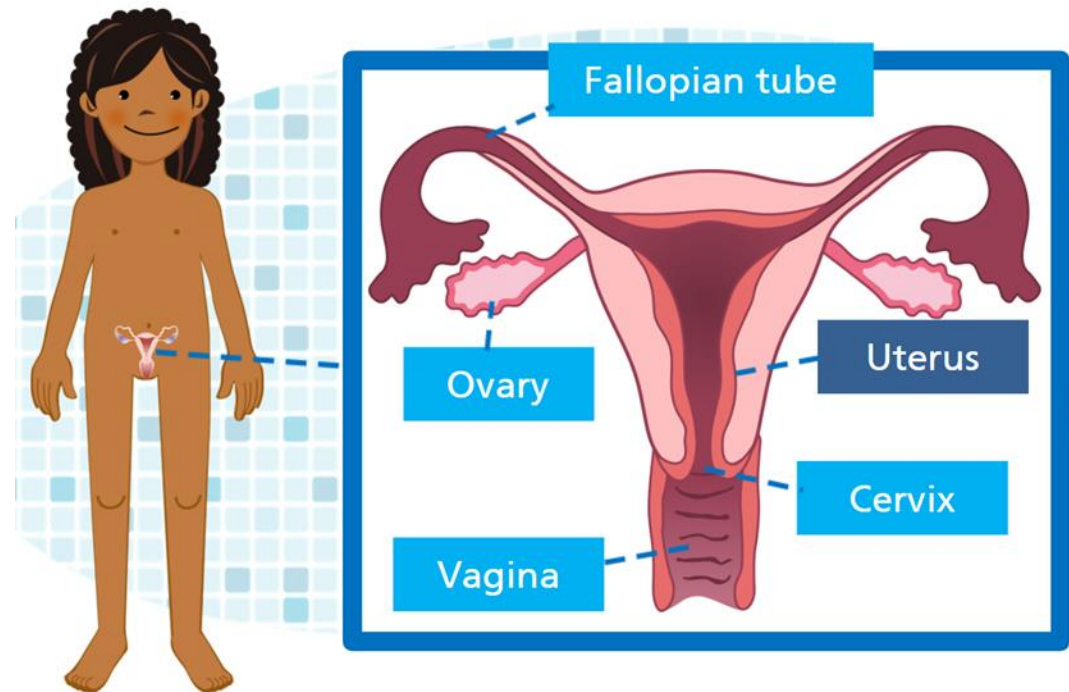
HOW WILL IT BE TAUGHT?

A website called Yasmin and Tom.

Characters are introduced and remain the same throughout the school.

Interactive and engaging activities.

<https://www.fpa.org.uk/e-learning/growing-yasmin-and-tom>



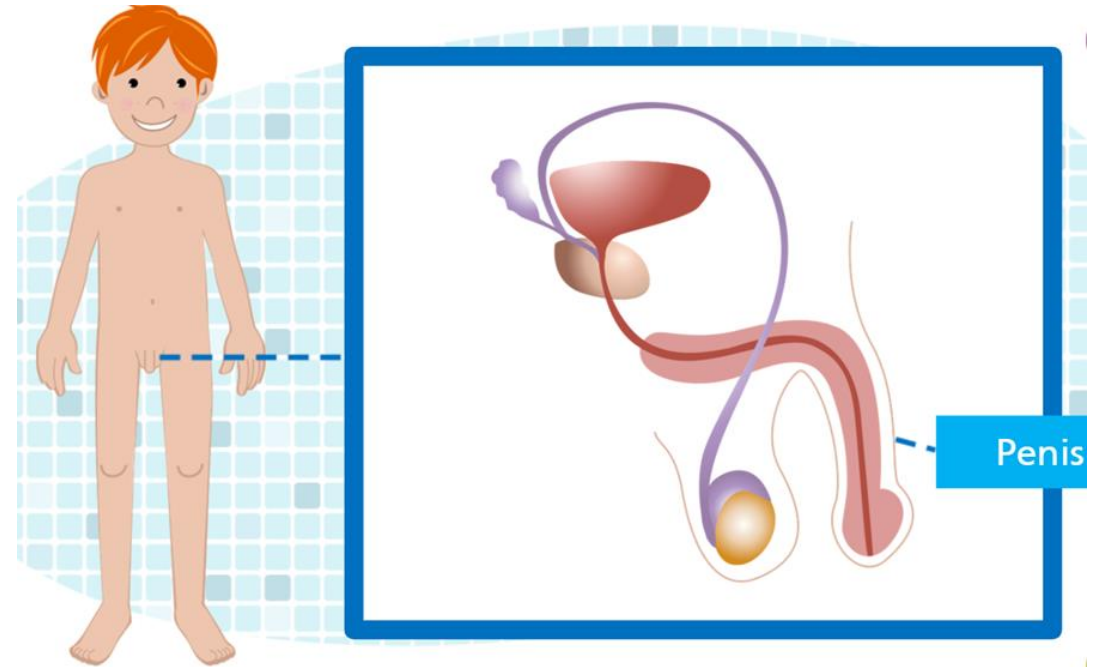
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QUESTIONS?

Do you have a question?

Please feel free to speak to your class teacher about any questions or concerns you may have.